

(29) (94)

Book 42

Title: How to avoid depression
Part 2

- Bismillahir Rahmaanir-Rah eem
- In The Name of Allah,
The Entirely Merciful,
The Especially Merciful

Text / Mantr

1. I'd personally advise; that one sticks to their morning, evening, night time dhikr / remembrance (of Allah)
2. I would advise that one also sticks to the du'a after salah, when waking up, before eating, after eating and all the sunnah times one is instructed / advised to make du'a
3. Stick to the Duraan and Sunnah with your mortal teeth, and